

OLDER
AMERICANS
MONTH



MAKE

YOUR

MAARIK MAY
2020

A VIRTUAL CELEBRATION



HOW TO ATTEND CLASSES

1. **DOWNLOAD THE ZOOM APPLICATION**
by visiting <https://zoom.us/download>
2. **JOIN A CLASS IN ONE OF TWO WAYS:**
 - On your computer or mobile device, click Join a Meeting. Then, enter the meeting ID number and your display name.
 - On your phone, dial the teleconferencing number provided. Then, enter the meeting ID number when prompted, using your dial-pad.

PLEASE NOTE:

- Each meeting has a unique 9, 10, or 11-digit number called a meeting ID that will be required to join a Zoom class.
- If you are joining via telephone, you will need the teleconferencing number provided. Please email us at lwsc@dekalbcountyga.gov if you need this number.

CLASSROOM RULES & ETIQUETTE:

- Whenever you're not talking, keep your microphone muted so as not to add back ground noise.
- Use reactions, including the raise hand, yes, no, go slower, and go faster buttons to engage with your class.
- When you need to ask a question live, use the raise hand option and/or send a chat message to request permission to speak.

Virtual CLASSES

MONDAY

CHAIR AEROBICS

7:30am-8:20am | Gabrielle Carty
Zoom ID: 945-0531-7274

COMPUTER BASICS

9:00am-11:00am | Tracie Hawkins
Zoom ID: 967-8824-6221

ADVANCED YOGA

9:00am-9:50am | Lorna Lindsay
Zoom ID: 971-5360-4552

MARTIAL ARTS

9:00am-9:50am | Tyrone Bailey
Zoom ID: 973-1273-9434

MELLOW MOMENTS

10:00am-11:20am | Rochelle Evans
Zoom ID: 910-7752-2877

HAIR CARE 101

10:00am-11:00am | Antilik Black
Zoom ID: 935-3084-5785

SELF DEFENSE

10:00am-10:50am | Tyrone Bailey
Zoom ID: 959-4363-1143

BEGINNING EXCEL

12:00pm-1:30pm | Tracie Hawkins
Zoom ID: 923-7936-2319

DRAMA CLUB

1:00pm-3:00pm | Charleen Knox
Zoom ID: 913-2426-9239

SILVER SNEAKERS

3:00pm-3:50pm | Ellen Mintzmyer
Zoom ID: 936-8405-6689

TUESDAY

COMPUTER BASICS II

9:00am-11:00am | Tracie Hawkins
Zoom ID: 962-1748-7380

SILVER SNEAKERS

9:00am-9:50am | Ellen Mintzmyer
Zoom ID: 920-0531-4664

BEGINNING JEWELRY MAKING

9:00am-11:50am | Valerie Keith
Zoom ID: 912-1115-9352

HAIR CARE 101

10:00am-11:00am | Antilik Black
Zoom ID: 939-0837-4353

PILATES

10:00am-10:50am | Karen Drake
5/5, 5/12 ONLY
Zoom ID: 914-0476-1292

STRENGTH TRAINING

11:00am-11:50am | Karen Drake
5/5, 5/12 ONLY
Zoom ID: 929-7495-5377

LIMITED MOBILITY CHAIR AEROBICS

11:00am-11:50am | Tyrone Bailey
Zoom ID: 984-5969-5416

LINE DANCING

11:00am-11:50am
Rose Merry Brock
Zoom ID: 956-7082-3843

BEG. MICROSOFT WORD

12:30pm-1:30pm | Tracie Hawkins
Zoom ID: 924-3285-4959

PRO POOL 101

1:00pm-1:50pm | Bob Ayers
Zoom ID: 923-1080-0642

BEGINNING YOGA

1:00pm-1:50pm | Karen Drake
Zoom ID: 945-9130-1553

GUITAR I

2:00pm-2:50pm | Bob Ayers
Zoom ID: 999-3170-1533

GUITAR II

3:00pm-3:50pm | Bob Ayers
Zoom ID: 938-8396-7651

WEDNESDAY

CHAIR AEROBICS

7:30am-8:20am | Gabrielle Carty
Zoom ID: 945-0531-7274

COMPUTER BASICS

9:00am-11:00am | Tracie Hawkins
Zoom ID: 976-7704-8025

ADVANCED YOGA

9:00am-9:50am | Lorna Lindsay
Zoom ID: 971-5360-4552

BASIC DIGITAL CAMERAS

9:00am-10:50am | Barry Roosevelt
Zoom ID: 963-8131-0773

PIANO

9:00am-9:50am | Corey Taylor
Zoom ID: 971-9421-5715

MARTIAL ARTS

9:00am-9:50am | Tyrone Bailey
Zoom ID: 923-6704-3828

SELF DEFENSE

10:00am-10:50am | Tyrone Bailey
Zoom ID: 934-8207-0419

PIANO II

10:00am-10:50am | Corey Taylor
Zoom ID: 967-1301-9471

ROMANCE FROM 50 TO FOREVER

10:00am-11:50am | Rochelle Evans
Zoom ID: 987-6367-0171

HAIR CARE 101

10:00am-11:00am | Antilik Black
Zoom ID: 919-2481-9815

PIANO III

11:00am-11:50am | Corey Taylor
Zoom ID: 992-5038-1912

BEG. INTERNET/EMAIL

12:00pm-1:30pm | Tracie Hawkins
Zoom ID: 938-7015-0700

PIANO IV

12:00pm-12:50pm | Corey Taylor
Zoom ID: 950-1871-4580

TOASTMASTERS

12:00pm-1:15pm | Charleen Knox
Zoom ID: 955-1219-7617

MOVIE MAKER

12:30pm-2:20pm | Barry Roosevelt
Zoom ID: 999-8897-8085

AFRICAN AMERICAN HISTORY

1:30pm-3:30pm | Frances King
Zoom ID: 949-8275-3927

FAN TAI CHI

2:00pm-2:50pm
Hertencer Sheppard
Zoom ID: 933-1535-0402

SILVER SNEAKERS

3:00pm-3:50pm | Ellen Mintzmyer
Zoom ID: 924-4970-2728

THURSDAY

COMPUTER BASICS II

9:00am-11:00am | Tracie Hawkins
Zoom ID: 941-2711-1446

ADVANCED JEWELRY MAKING

9:00am-11:50am | Valerie Keith
Zoom ID: 993-5958-7143

HAIR CARE 101

10:00am-11:00am | Antilik Black
Zoom ID: 919-2481-9815

PILATES

10:00am-10:50am | Karen Drake
5/7, 5/14 ONLY
Zoom ID: 914-0476-1292

DYNAMIC ABS

11:00am-11:50am | Karen Drake
5/7, 5/14 ONLY
Zoom ID: 918-8630-3977

LINE DANCING

11:00am-11:50am | Merry Brock
Zoom ID: 922-2032-6613

WINDOWS 10 & USING YOUR LAPTOP

12:00pm-1:30pm | Tracie Hawkins
Zoom ID: 985-8786-2178

ADV. DSLR CAMERA HW TECHNIQUE

1:00pm-2:50pm | Bob GlickSmith
Zoom ID: 919-6546-7983

BEGINNING YOGA

1:00pm-1:50pm | Karen Drake
5/7, 5/14 ONLY
Zoom ID: 945-9130-1553

TAI CHI FOR ARTHRITIS

2:00pm-2:50pm | Hertencer Sheppard
Zoom ID: 967-7510-9745

FRIDAY

CHAIR AEROBICS

7:30am-8:20am | Gabrielle Carty
Zoom ID: 945-0531-7274

INTERNET GIFT IDEAS

9:00am-10:50am | Barry Roosevelt
Zoom ID: 939-2797-9957

ADV. DSLR CAMERA SW TECHNIQUE

9:00am-10:50am | Bob GlickSmith
Zoom ID: 938-5812-1132

HAIR CARE 101

10:00am-11:00am | Antilik Black
Zoom ID: 919-2481-9815

SPANISH II

10:00am-10:50am | Odilia Moore
Zoom ID: 925-0135-1121

YOUR CAMERA & YOU

11:10am-1:00pm | Barry Roosevelt
Zoom ID: 926-5156-8594

ADV. DSLR CAMERA TECHNIQUE WORKSHOP

1:00pm-2:50pm | Bob GlickSmith
Zoom ID: 986-7084-7298

THE ART OF MEDITATION

1:00pm-2:50pm | Larry Davis
Zoom ID: 948-1041-8763

SILVER SNEAKERS

2:00pm-2:50pm | Ellen Mintzmyer
Zoom ID: 989-4446-8434



HumanServices DEKALB COUNTY GOVERNMENT *Virtual* WORKSHOPS & EVENTS

GARDENING 101

THURSDAY, MAY 7, 2020 | 1:00

Presented by Lou Walker Senior Center & UGA Extension DeKalb County
Presenter: Joelette Bemby, Agricultural & Natural Resources Agent
<https://dekalbcountyga.zoom.us/j/95805270400>
958-0527-0400

LUNCH & LEARN

with Atlanta Legal Aid

TUESDAY, MAY 19, 2020 | 1:00 PM

Presenter: Jeremey Striegel
<https://dekalbcountyga.zoom.us/j/96426908461>
Telephone: 602 333 0032 | 8882709936 (US Toll Free)
Conference code: 919653

COMEDY HOUR

THURSDAY, MAY 21, 2020 | 1:00 PM

<https://dekalbcountyga.zoom.us/j/96556488297>
Telephone: 602 333 0032 | USA 8882709936 (US Toll Free)
Conference code: 919653

Read more. Think more. Play more. Make more.



DeKalb County Public Library Older Americans Month Activities



A LIVE, VIRTUAL AUTHOR CONVERSATION with Joshilyn Jackson & Ginger Eager

THURSDAY, MAY 7 | 7:00 PM

The AJC Decatur Book Festival, the Georgia Center for the Book and the DeKalb County Public Library system welcome a fresh new voice in Southern literature, Ginger Eager. She will talk about her award winning debut, *The Nature of Remains*.

Eager will appear in conversation with Atlanta's own Joshilyn Jackson, the New York Times bestselling author of *The Almost Sisters*, *Never Have I Ever* and many others. This talk is free and open to the public.

To attend visit <https://decaturbookfestival.com/> to view the live stream on May 7 at 7:00 p.m.



EASY INSTANT POT RECIPES FOR SENIORS

Plant-based cooking is incredibly simple in your Instant Pot! Local vegan food writer, Becky Striepe, will walk you through Instant Pot basics. Then, we will make a crave-worthy plant-based Instant Pot chili recipe.

Wednesday, May 13
Noon – 1:00 p.m.

See you on Facebook and YouTube! For updates check dekalblibrary.org/events or Facebook:
[Facebook@dekalblibrary.org](https://www.facebook.com/dekalblibrary.org)

YouTube: DeKalb County Public Library (Subscribe)
<https://www.youtube.com/user/DCPLBranch>

MUSIC @ NOON WITH ANGELICA HAIRSTON

MONDAY, MAY 18 | NOON

Harpist, Angelica Hairston is known for her fiery performances. A sought after artist in the United States and abroad, Angelica is a native of Atlanta, GA. Angelica has performed concertos with the Atlanta Symphony Orchestra, Nashville Symphony Orchestra and Montgomery Symphony.

See you on Facebook Live @[dekalblibrary.org](https://www.facebook.com/dekalblibrary.org)
For updates check dekalblibrary.org/events or Facebook:

INTERNATIONAL CAFE

Learning English or Spanish? Visit our virtual International Café class, meet new people, and practice your conversational English or Spanish skills. Meetings will be hosted in Zoom.

Wednesday, May 13, 2020 | 6:00 - 7:30 p.m.

<https://us02web.zoom.us/j/89646148489>

Saturday, May 16, 2020 | 10:00 – 11:30 a.m.

<https://us02web.zoom.us/j/89192241850>

Saturday, May 23, 2020 | 10:00 – 11:30 a.m.

<https://us02web.zoom.us/j/89191807313>

ALLERGY RELIEF WORKSHOP

Wednesday, May 27 | Noon

For seasonal allergy sufferers, Spring-Fall can mean stuffy noses, sneezing, headaches, itchy eyes, and coughs or wheezing. Join Selima Harelston Lust, Herbalist and find ways to relieve your allergies. Disclaimer: All information given is for informational purposes only and are not intended to serve as a substitute for the consultation, diagnosis, and/or medical treatment of a qualified physician or healthcare provider.

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<https://www.youtube.com/user/DCPLBranch>